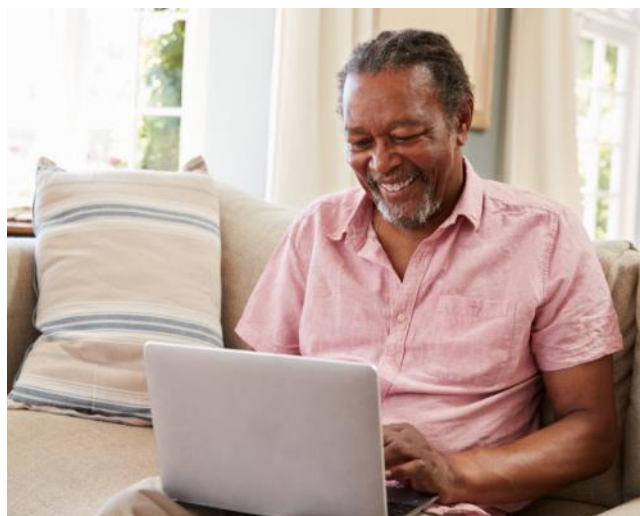


# HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



## VIRTUAL PROGRAMS MARCH 2022



Please note the password for all  
FREE PROGRAMS is New50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT

## MARCH UPDATES

Enrichment. Engagement. Connection. Growth

In this issue, you will find special programs focusing on Women's History and Irish American Heritage. They are designated by the following:



Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 24 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.

See page 16 for information on a new St. Patrick's Day Luncheon. Scheduled for Tuesday, March 15th, lunch can be ordered and picked up at East Columbia 50+Center.





# Frequently Asked Questions

## What is the password for Free Programs?

The password for free programs is **New50+**

**How do I sign up for the Paid Fitness Class Pass?** To register for the \$38 monthly fitness pass that includes 18 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered by 2 pm on the last business day of the month will receive links and passwords that afternoon which will allow participation for the following month.

To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.603, on the Active Net site: <https://apm.activecommunities.com/howardcounty/> Passes purchased after the 15th of the month have a reduced fee (\$20).

**How do I learn to use WebEx?** Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email [Virtual50@howardcountymd.gov](mailto:Virtual50@howardcountymd.gov) If you have a landline you could call into certain programs and still be engaged.

**Will virtual programs continue now that centers are open?** Yes, there will continue to be fitness and limited classes offered virtually. Most programs aside from exercise are offered on Tuesdays and Thursdays.

**Do I have to live in Howard County to participate?** No you do not, anyone can join in our virtual offerings.

**How can I get the newsletter sent to my inbox?** Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

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## NOTEWORTHY

- Questions about Virtual Programs? Call 410.313.5400
- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 15.
- Seniors Together updated program listing is on page 14. If you have questions about Seniors Together, call Karen on 410-313-7466 or Elaine on 410-313-7353
- See page 16 for a flier on a special St. Patrick's Day Luncheon. The event is scheduled for Tuesday, March 15th.

# WEEK AT A GLANCE

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

	<b>1</b> <b>POWER</b> <b>8:30 AM</b> <a href="#">Go to Page</a>  <b>CARDIO &amp; CORE</b> <b>10 AM</b> <a href="#">Go to Page</a>  <b>YOGA WITH MARY</b> <b>11 AM</b> <a href="#">Go to Page</a>  <b>NATIONAL PARK SERIES</b> <b>BADLANDS NATIONAL</b> <b>PARK</b> <b>2 PM</b> <a href="#">Go to Page</a>  <b>ARTHRITIS EXERCISE</b> <b>PROGRAM</b> <b>2:30 PM</b> <a href="#">Go to Page</a>	<b>2</b> <b>KICKBOXING</b> <b>8 AM</b> <a href="#">Go to Page</a>  <b>QI GONG</b> <b>9 AM</b> <a href="#">Go to Page</a>  <b>SENIORS TOGETHER</b> <b>OPEN MIND GROUP</b> <b>9:30AM</b> <a href="#">Go to Page</a>  <b>PILATES</b> <b>10 AM</b> <a href="#">Go to Page</a>  <b>CIRCUIT</b> <b>CONDITIONING</b> <b>5:30 PM</b> <a href="#">Go to Page</a>	<b>3</b> <b>POWER</b> <b>8:30 AM</b> <a href="#">Go to Page</a>  <b>CARDIO &amp; CORE</b> <b>10 AM</b> <a href="#">Go to Page</a>  <b>SENIORS TOGETHER</b> <b>ON OUR MINDS</b> <b>10 AM</b> <a href="#">Go to Page</a>  <b>SEATED STRENGTH AND</b> <b>BALANCE</b> <b>11 AM</b> <a href="#">Go to Page</a>  <b>BOOK CLUB</b> <b>1 PM</b> <a href="#">Go to Page</a>  <b>LADIES FIRST</b> <b>IRIS MUSIC PROJECT</b> <b>2 PM</b> <a href="#">Go to Page</a>  <b>ARTHRITIS EXERCISE</b> <b>PROGRAM</b> <b>2:30 PM</b> <a href="#">Go to Page</a>	<b>4</b> <b>FLOOR, CORE &amp;</b> <b>MORE</b> <b>8:30 AM</b> <a href="#">Go to Page</a>  <b>Zumba Gold®</b> <b>10 AM</b> <a href="#">Go to Page</a>  <b>POWER</b> <b>11 AM</b> <a href="#">Go to Page</a>
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SATURDAY

**8**  
**HATHA YOGA**  
**9:30 AM**      [Go to Page](#)

■ \$ Paid Fitness Pass Classes     
 ■ \$ Paid Fitness Programs     
 ■ Free Programs

# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p><b>7</b> FLOOR, CORE &amp; MORE 8:30 AM <a href="#">Go to Page</a></p> <p>MINDFUL MONDAYS 10 AM <a href="#">Go to Page</a></p> <p>SEATED STRENGTH AND BALANCE 11 AM <a href="#">Go to Page</a></p> <p>NUTRITION COUNSELING 4-6 PM <a href="#">Go to Page</a></p> <p>CIRCUIT CONDITIONING 5:30 PM <a href="#">Go to Page</a></p>	<p><b>8</b> POWER 8:30 AM <a href="#">Go to Page</a></p> <p>CARDIO &amp; CORE 10 AM <a href="#">Go to Page</a></p> <p>ART &amp; HISTORY 11 AM <a href="#">Go to Page</a></p> <p>YOGA WITH MARY 11 AM <a href="#">Go to Page</a></p> <p>NUTRITION EDUCATION 1 PM <a href="#">Go to Page</a></p> <p>CANCER FOCUS 2 PM <a href="#">Go to Page</a></p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM <a href="#">Go to Page</a></p>	<p><b>9</b> KICKBOXING 8 AM <a href="#">Go to Page</a></p> <p>QI GONG 9 AM <a href="#">Go to Page</a></p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM <a href="#">Go to Page</a></p> <p>PILATES 10 AM <a href="#">Go to Page</a></p> <p>CIRCUIT CONDITIONING 5:30 PM <a href="#">Go to Page</a></p>	<p><b>10</b> POWER 8:30 AM <a href="#">Go to Page</a></p> <p>CARDIO &amp; CORE 10 AM <a href="#">Go to Page</a></p> <p>SENIORS TOGETHER ON OUR MINDS 10 AM <a href="#">Go to Page</a></p> <p>CELEBRATING THE WOMEN AIRFORCE SERVICE PILOTS (WASP) 11 AM <a href="#">Go to Page</a></p> <p>SEATED STRENGTH AND BALANCE 11 AM <a href="#">Go to Page</a></p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM <a href="#">Go to Page</a></p>	<p><b>11</b> FLOOR, CORE &amp; MORE 8:30 AM <a href="#">Go to Page</a></p> <p>ZUMBA GOLD® 10 AM <a href="#">Go to Page</a></p> <p>POWER 11 AM <a href="#">Go to Page</a></p>
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SATURDAY

**12**  
HATHA YOGA  
9:30 AM [Go to Page](#)

■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs



# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>14</b> <b>FLOOR, CORE &amp; MORE</b> 8:30 AM <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b> 10 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b> 11 AM <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b> 5:30 PM <a href="#">Go to Page</a></p>	<p><b>15</b> <b>POWER</b> 8:30 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b> 10 AM <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b> 11 AM <a href="#">Go to Page</a></p> <p><b>ST. PATRICK'S DAY LUNCH PICK UP AT EAST COLUMBIA 50+ CTR PRE-REGISTRATION REQUIRED</b> 11 AM</p> <p><b>NATIONAL PARK SERIES HOMESTEAD NATIONAL PARK</b> 2 PM <a href="#">Go to Page</a></p> <p><b>ARTHRITIS EXERCISE PROGRAM</b> 2:30 PM <a href="#">Go to Page</a></p>	<p><b>16</b> <b>KICKBOXING</b> 8 AM <a href="#">Go to Page</a></p> <p><b>QI GONG</b> 9 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER OPEN MIND GROUP</b> 9:30AM <a href="#">Go to Page</a></p> <p><b>PILATES</b> 10 AM <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b> 5:30 PM <a href="#">Go to Page</a></p>	<p><b>17</b> <b>POWER</b> 8:30 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b> 10 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER ON OUR MINDS</b> 10 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b> 11 AM <a href="#">Go to Page</a></p> <p><b>GLENWOOD BOOK CLUB</b> 1 PM <a href="#">Go to Page</a></p> <p><b>HCLS: DISCOVER GLENWOOD'S MAKERSPACE</b> 2 PM <a href="#">Go to Page</a></p> <p><b>ARTHRITIS EXERCISE PROGRAM</b> 2:30 PM <a href="#">Go to Page</a></p>	<p><b>18</b> <b>FLOOR, CORE &amp; MORE</b> 8:30 AM <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD®</b> 10 AM <a href="#">Go to Page</a></p> <p><b>POWER</b> 11 AM <a href="#">Go to Page</a></p> <p><b>B&amp;O RAILROAD MUSEUM: IRISH AMERICAN IMPACT</b> 2 PM <a href="#">Go to Page</a></p>
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SATURDAY

**19**  
**HATHA YOGA**  
9:30 AM



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>21</b> FLOOR, CORE &amp; MORE 8:30 AM <a href="#">Go to Page</a></p> <p>MINDFUL MONDAYS 10 AM <a href="#">Go to Page</a></p> <p>SEATED STRENGTH AND BALANCE 11 AM <a href="#">Go to Page</a></p> <p>CIRCUIT CONDITIONING 5:30 PM <a href="#">Go to Page</a></p>	<p><b>22</b> POWER 8:30 AM <a href="#">Go to Page</a></p> <p>CARDIO &amp; CORE 10 AM <a href="#">Go to Page</a></p> <p>YOGA WITH MARY 11 AM <a href="#">Go to Page</a></p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM <a href="#">Go to Page</a></p>	<p><b>23</b> KICKBOXING 8 AM <a href="#">Go to Page</a></p> <p>QI GONG 9 AM <a href="#">Go to Page</a></p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM <a href="#">Go to Page</a></p> <p>PILATES 10 AM <a href="#">Go to Page</a></p> <p>AFRICAN AMERICAN WOMEN ARTISTS 1 PM <a href="#">Go to Page</a></p> <p>CIRCUIT CONDITIONING 5:30 PM <a href="#">Go to Page</a></p>	<p><b>24</b> POWER 8:30 AM <a href="#">Go to Page</a></p> <p>CARDIO &amp; CORE 10 AM <a href="#">Go to Page</a></p> <p>SENIORS TOGETHER ON OUR MINDS 10 AM <a href="#">Go to Page</a></p> <p>SEATED STRENGTH AND BALANCE 11 AM <a href="#">Go to Page</a></p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM <a href="#">Go to Page</a></p>	<p><b>25</b> FLOOR, CORE &amp; MORE 8:30 AM <a href="#">Go to Page</a></p> <p>ZUMBA GOLD® 10 AM <a href="#">Go to Page</a></p> <p>POWER 11 AM <a href="#">Go to Page</a></p> <p>NAME THAT TUNE 2 PM <a href="#">Go to Page</a></p>
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FRIDAY

<p><b>26</b> HATHA YOGA 9:30 AM <a href="#">Go to Page</a></p>
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 \$ Paid Fitness Pass
  \$ Paid Fitness Program
  Free Programs

# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>28</b>  <b>FLOOR, CORE &amp; MORE</b>  <b>8:30 AM</b> <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b>  <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b>  <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b>  <b>5:30 PM</b> <a href="#">Go to Page</a></p>	<p><b>29</b>  <b>POWER</b>  <b>8:30 AM</b> <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b>  <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b>  <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>ARTHRITIS EXERCISE PROGRAM</b>  <b>2:30 PM</b> <a href="#">Go to Page</a></p>	<p><b>30</b>  <b>KICKBOXING</b>  <b>8 AM</b> <a href="#">Go to Page</a></p> <p><b>QI GONG</b>  <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER OPEN MIND GROUP</b>  <b>9:30AM</b> <a href="#">Go to Page</a></p> <p><b>PILATES</b>  <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b>  <b>5:30 PM</b> <a href="#">Go to Page</a></p>	<p><b>31</b>  <b>POWER</b>  <b>8:30 AM</b> <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b>  <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER ON OUR MINDS</b>  <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b>  <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>ARTHRITIS EXERCISE PROGRAM</b>  <b>2:30 PM</b> <a href="#">Go to Page</a></p>	
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 \$ Paid Fitness Pass
  \$ Paid Fitness Program
  Free Programs



## \$ Fitness Pass Classes

### **Floor, Core and More**

**Mondays and Fridays, 8:30 am**

This class targets challenging areas of the body: thighs, abs and backside.

Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

**Taught by Michelle Rosenfeld**

### **Mindful Mondays**

**Mondays, 10 am**

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

**Taught by Connie Bowman**

### **Zumba Gold®**

**Fridays, 10 am**

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

**Taught by Courtney Bracey**

### **Seated Strength and Balance**

**Mondays and Thursdays, 11 am**

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

**Taught by Michelle Rosenfeld**

### **Circuit Conditioning**

**Mondays and Wednesdays, 5:30 pm**

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available.

**Taught by Michelle Rosenfeld**

### **Power**

**Tuesdays and Thursdays, 8:30 am**

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass. **Taught by Michelle Rosenfeld**

### **Cardio and Core Class**

**Tuesdays and Thursdays, 10 am**

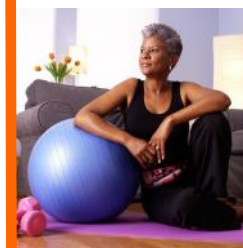
Exercises to get your body moving at home designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core. **Taught by Pam Beck**

### **Yoga with Mary**

**Tuesdays, 11 am**

Join Mary for a series of weekly yoga 8 classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

**Taught by Mary Garratt**



## \$ Fitness Pass Classes

### Kickboxing

**Wednesdays, 8 am**

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardiovascular fitness. Class conducted at low-impact level.

**Taught by Michelle Rosenfeld**

### Qi Gong

**Wednesdays, 9 am**

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress.

Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required.

**Taught by Jessica Koch**

### Pilates

**Wednesdays, 10 am**

Using the abdominal muscles of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body.

**Taught by Bob McDowell**

### Power

**Fridays, 11 am**

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

**Taught by Michelle Rosenfeld**

### Hatha Yoga

**Saturdays, 9:30 am**

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

**Taught by Mary Garratt**

### Arthritis Foundation Exercise Program

**Tuesdays, Thursdays, 2:30 pm**

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis or other chronic pain disorders. Fee to participate, registration required. Contact

[mburgess@howardcountymd.gov](mailto:mburgess@howardcountymd.gov) or call 410.313.5440 to register.

## \$ Personal Training

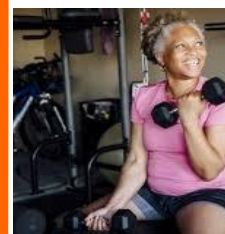
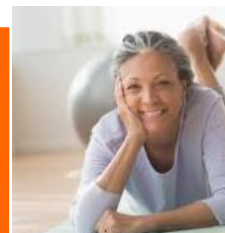
Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. In-person Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

**Cost: Single Session: \$45**

**4 Session Package: \$160**

**8 Session Package \$299**

**Call 410.313.7213 to register.**



## Arts & Music

### **Iris Music Project: Ladies First**

**Thursday, March 3, 2 pm**

Join Lauren as she explores four women who broke boundaries in music and the arts.

Suggested listening clips include the following:

Florence Price Symphony No. 1

[https://www.youtube.com/watch?v=ht4H\\_eKjb0w&t=41s](https://www.youtube.com/watch?v=ht4H_eKjb0w&t=41s)

Carrie Jacobs-Bond, A perfect day and I love you truly:

<https://www.youtube.com/watch?v=rVa1qRROYrQ>

Edit Piaf sings La Vie Rose:

<https://www.youtube.com/watch?v=rzeLynj1GYM>

Interview on being a woman conductor:

<https://www.youtube.com/watch?v=cK7GcsSOjSA>

Conducting Dvorak's 9th Symphony

<https://www.youtube.com/watch?v=mFRwTpRL3R4>

**Presented by Iris Music Project founder Lauren Latessa**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m377aa09f8a03cca8e7128c1eff58cf2b>

Meeting #2307 860 7356

Password: New50+



### **Name That Tune**

**Friday, March 25, 2 pm**

In honor of Women's History Month, we will be celebrating our favorite female artist; from the Queen of Soul Aretha Franklin to the singer songwriters like Carol King. Join us for this fun guessing game.

**Presented by Ellen Brown**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca7d3aefec17801175017f34857d709d>

Meeting # 2308 764 5432

Password: New50+



## Food, Nutrition & Cooking

### **Nutrition Education**

**Tuesday, March 8, 1 pm**

National Nutrition Month: Celebrate a World of Flavors

This year's theme for National Nutrition Month is "Celebrate a World of Flavors." Join registered dietitian Carmen Roberts for a discussion on how to incorporate ingredients, seasonings, and other flavors from around the world to give your meals a fresh, healthy twist.

**Presented by Carmen Roberts**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m70350ebca9474b55b7490d4b588992a6>

Meeting # 2318 434 6239

Password: New50+

### **Virtual Nutrition Consultations**

**Monday, March 7, 4 -6:00 pm**

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)

## Health & Wellness

### **Cancer Focus: Skin Cancer Detection Starts with You**

**Tuesday, March 8, 2 pm**

You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional.

**Presented by Danielle LeClair**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba4a0c0a9e16f752cecb7858bcd000da>

Meeting #2315 871 5914

Password: New50+

## History, Culture, Current Events

### **National Park Series: Badlands National Park - Bison Banquet**

**Tuesday, March 1, 2 pm**

Join a ranger from Badlands National Park and explore how the bison were critical to the Lakota Sioux by examining how every part of the bison was used for their survival.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m21e4ca93c0bb1d00d10e78eba0ba8745>

Meeting # 2303 428 1882

Password: New50+

### **Art + History – Washington Crossing the Delaware by Emanuel Leutze**

**Tuesday, March 8, 11 am**

This icon needs no introduction—or does it? Actually, inspired by revolution sweeping Germany in 1848, Emanuel Leutze created the work in Dusseldorf to inspire his countrymen. The painting in the Metropolitan Museum of Art in New York is not the original, but a copy! Come discover how the story of Washington's surprise 1776 attack on German soldiers in New Jersey became an encouragement for German revolutionaries over 75 years later! In his popular Art+History series, Paul Glenshaw brings his audience at the Smithsonian though space and time to revisit vibrant moments in history when iconic works were created, whether it's Second Empire Paris, Boston in the American Revolution, or medieval Calais.

**Presented by Paul Glenshaw**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6bee3489ea41bcb85cc4b68a87920d66>

Meeting # 2308 678 8524

Password: New50+

### **Women's History – Celebrating The Women Airforce Service Pilots (WASP)**

**Thursday, March 10, 11 am**

This program celebrates the Women Airforce Service Pilots (WASP) program- the first women to fly for the U.S. military. Join an educator from the College Park Aviation Museum to learn about the history of the program, local WASP Elaine Harmon, and the challenges these women faced during WWII and beyond.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md06161ba695c0a2ae0f9bf6c7458c2ff>

Meeting # 2315 474 5624

Password: New50+



### **National Park Series: Homestead National Historical Park**

**Tuesday, March 15, 2 pm**

Women Who Paved the Way: The Homestead Act of 1862 was gender-blind allowing women to claim 160 acres of land just like men could. As women homesteaders were helping to homestead the west, suffragists fought to secure the right to vote for women across the United States.

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5d1c28a52a44f8f7603789fe87aa0096>

Meeting #2303 550 6709

Password: New50+



## History, Culture, Current Events

### B&O Railroad Museum: Irish American Impact

**Friday, March 18, 2 pm**

In celebration of Irish American Heritage month, join us for a tour of the B&O Railroad museum. This tour will explore the legacy of Irish American railroad workers through the equipment they worked on. We will discover Irish immigrants and their descendants in all levels of employment at the B&O from laborers, to supervisors, directors, and founders.

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m23d887e66b6810791e78f17fd48907d6>

Meeting # 2308 936 3088

Password: New50+



### Women History Month

#### African-American Women Artists: Their Work, Experiences and Histories

**Wednesday, March 23, 1 pm**

Generations of African-American women have created art centered in their experiences and histories, achieving national and international recognition. This 90 minute presentation will feature Ten African-American women who have created an indelible body of artwork; their lives span mid-1800's to the present. Time will be allotted for reflections.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma322210b1764a79f4213626bafab59e2>

Meeting # 2308 491 5588

Password: New50+



## Home, Hobbies & Garden

### HCLS: Discover Glenwood's Makerspace

**Thursday, Mar 17, 2 pm**

The Makerspace at Glenwood is now open! Discover all the new ways to create, learn, and explore in the Makerspace. See examples of projects that customers at HCLS Glenwood branch have been making utilizing the Laser Cutter/Engraver and 3D printers. Find out how to send files to be printed with Maker to Order or book a Makerspace one-on-one to learn the equipment. There is something for everyone to make or do.

**Presented by Instructor Kimberly Johanson**

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m94d702adc7762b9215f677d7ea697cf2>

Meeting # 2302 124 3613

Password: New50+

## Literature & Theater



### Book Club

**Thursday, March 3, 1 pm**

Time to cozy up with a good book! Enjoy great conversation and connection with fellow book lovers. Join our discussion and share your perspective and ideas on selected books. With a nod to the Irish, on March 3, we will discuss **The Pull of the Stars** by Emma Donoghue. April is poetry month. On April 7 we will cover **The Poets' Corner: The One-and-Only Poetry Book for the Whole Family** by John Lithgow and, for a contemporary perspective, **Call Us What We Carry** by Amanda Gorman.

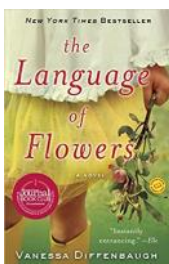
**Facilitated by Jeannie DeCray**

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m693db1a09cfa181cd97d8e8e0dce8e99>

Meeting # 2315 350 0665

Password: New50+



### Glenwood Book Club

**Thursday, March 17, 1 pm**

Join the Glenwood Book Club for their book selection "The Language of Flowers" by Vanessa Diffenbaugh.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymdj.phpMTID=mb8c82a5de10cc584f91ec4da8f2a7dc2>

Meeting Number: 2319 811 7522

Password: New50+



# Seniors Together

CONNECT • LEARN • GROW

The SeniorsTogether groups meet weekly (unless otherwise noted); participation is free and all groups are facilitated by older adult peers.

## IN-PERSON and VIRTUAL GROUP SCHEDULE



### MONDAYS



#### **MEN'S FORUM**

**10:00 a.m. to noon • Ellicott City 50+**

Share stories, ideas and life experiences in a comfortable, good-natured social setting.



#### **THINK POSITIVE GROUP**

**A Treasure Hunt for Joy and Harmony**

**11:00 a.m. to noon • Begins October 18**

Focuses on the positive aspects of appreciating all that we have and expanding our horizons with new ideas, opinions and activities.



#### **CAREGIVER SUPPORT GROUP**

**7:00 to 8:30 p.m. (3<sup>rd</sup> Monday of the month)**

For adult caregivers of adults. Focuses on practical needs, resources, social networking, emotional support and downtime.

### TUESDAYS



#### **LOW VISION SUPPORT GROUP**

**10:15 to 11:45 a.m. • Bain 50+**

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence. Call-in option.

### WEDNESDAYS



#### **OPEN MIND GROUP**

**9:30 to 11:30 a.m.**

In-depth discussion on topics drawn from the issues of today and the country's challenges, in a collegial environment where all input is respected.

### THURSDAYS



#### **ON OUR MINDS**

**10:00 to 11:30 a.m.**

Find camaraderie in a highly supportive group and join the discussion on a range of topics from the news, life experiences, or member suggestions.



#### **BRAINTEASERS**

**12:30 to 2:00 p.m. • Bain 50+**

Challenge your mind, strengthen memory using games, puzzles and other activities.

### FRIDAYS



#### **TRENDERS**

**10:00 to 11:30 a.m. • Bain 50+**

Lively group discussion on uplifting news, upcoming events, or topics sure to inspire, entertain and satisfy curiosity. Group often lunches out together post-meeting.

  
**Howard County**  
 Office on Aging & Independence  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

FOR VIRTUAL GROUP LINKS, ADDITIONAL INFORMATION, OR TO REGISTER

Karen Hull

TELE 410-313-7466 (VOICE/RELAY)

EMAIL [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov)

Elaine Widom

TELE 410-313-7353 (VOICE/RELAY)

EMAIL [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

# COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at [www.hclhic.org](http://www.hclhic.org).

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



## Colorectal Cancer Awareness Month

New guidelines! If you're 45 or older, get screened for colorectal cancer. Some people can have colorectal cancer without having any symptoms. Colorectal cancer may be prevented through recommended screening, early detection, and treatment.

### Colorectal Cancer Screening Program

The Health Department provides no cost screening services to eligible Howard County residents. Call 410-313-4255 for more information or visit [CAREAPP](#) [[FindHCResources.org](#)].

### Colorectal Cancer Webinar Series

Join in every Wednesday to learn how to reduce the risks of colorectal cancer through dietary changes and physical activity. Presented by the Health Department, Howard County Office on Aging and Independence, Giant Food, and Howard County Library System. To sign up, visit <https://www.hclhic.org/home/programs>.

- March 9 at Noon: Colorectal Cancer Screening Saves Lives
- March 16 at Noon: How Smoking/Vaping Affects Colorectal Health
- March 23 at Noon: Eating to Prevent Colorectal Cancer
- March 30 at Noon: The Immunity Boost of Exercise



## Virtual Diabetes Support Group

1st Thursday of the month at 6 pm and 3rd Thursday of the month at 10 am

The Virtual Diabetes Support Group provides social and emotional support for your experience with diabetes, educational resources, and discussion of topics about diabetes. Diabetes Support Group is appropriate for those with prediabetes, Type 1 and Type 2 diabetes, and caregivers. Once you register and receive the Zoom link, it's not necessary to register again. To sign up visit [bit.ly/VirtualDiabetesGroup](http://bit.ly/VirtualDiabetesGroup). Contact Kristine Batty, NP at [kbatty2@jhmi.edu](mailto:kbatty2@jhmi.edu) with questions.

## Living Well with Chronic Disease

Mondays, March 7 – April 11, 6:30 pm to 9:00 pm

The virtual Living Well with Chronic Disease class is a free 6-week Self-Management program for those who have or are at risk for diabetes, obesity, cancer, etc where you learn skills to help you manage chronic health conditions via Zoom. To sign up for English classes visit <https://bit.ly/living-well-virtual> (para una clase en español visita <http://bit.ly/su-salud>), email [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu) or call 410-740-7601.

## Virtual Cancer Self-Management Class

Wednesdays, March 23 - April 27, 9:00 am - 11:30 am

Cancer Self-Management is a free, 6-week program delivered entirely via Zoom. Share experiences and identify solutions and tools for solving problems and creating a supportive environment. Caregivers are also welcome to attend! To sign up visit [bit.ly/CancerManagementClass](http://bit.ly/CancerManagementClass), email [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu) or call 410-740-7601.



—HAPPY—  
**St. Patrick's**  
DAY

## CELEBRATION LUNCH

- DISTRIBUTION DATE ▶ **TUESDAY, MARCH 15**
- PICK UP TIME ▶ **11:00 AM TO NOON**
- PICK UP LOCATION ▶ **East Columbia 50+ Center**  
6600 Cradlerock Way, Columbia 21045
- REGISTRATION ▶ **To REGISTER and secure your reservation pick up online**, go to <https://bit.ly/HoCoStPattys>, **OR** call the Howard County Nutrition Line at 410-313-3640 (VOICE/RELAY) between 9:00 AM and 3:00 PM Monday, March 7 through Wednesday, March 9.
- MENU AND NOTES ▶ **Set up in a socially-distant and safe manner**, you are invited to pick up your lunch of Corned Beef and Swiss Cheese on Rye Bread, Potato Salad, Fruit Salad and a Cookie.
- Each person must register as an individual to receive a meal.** Must be 60 or older to participate; spouses of any age may also participate. Participants will have the opportunity to donate to the cost of the meal which is valued at \$14<sup>50</sup>. Confidential donation envelopes will be provided on-site.

PRESENTED BY THE  
**Howard County**  
Office of Aging & Independence  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (VOICE/RELAY).